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## Social Rejection, Body Dissatisfaction and Psychological Distress Among Transgenders

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### ABSTRACT

The study aimed to explore psychological distress, body dissatisfaction, and social rejection among transgenders. Sample of the study consisted of one hundred and fifty ( $N=150$ ) transgenders. A cross-sectional correlational research design and purposive sampling technique was used for data collection. Kessler's Psychological Distress Scale (Kessler, 2002), Body Esteem Scale by Franzoi & Shields, 1984, and Rejection Sensitivity Questionnaire(s) (Downey & Felman, 1996) were administered to measure the distress level, body dissatisfaction and social rejection among transgenders. Findings of the present study indicated that there is a significant positive correlation between social rejection and psychological distress. Significant negative relationship has been found between positive body image and psychological distress. Moreover, the dissatisfaction with physical appearance and body weight have been significantly positive correlated with increased psychological distress. Further analysis through simple linear regression indicated social rejection as a significant predictor of psychological distress. Transgenders who scored higher on distress

scale i.e., profoundly distressed transgenders are more prone to social rejection. The present research findings also highlighted that transgenders who live in the joint family system or with their gurus experience less social rejection and psychological distress. Age wise differences through the findings suggested that transgenders of old age are more satisfied with their weight as compared to the transgenders with middle adulthood. The transgenders in middle adulthood were found more satisfied with their physical conditions than the old age transgenders. It has also been highlighted that social rejection which the transgenders face since their birth and onwards truly affects their mental health. Psychologists' societies and associations should come up with the projects focusing mainly on the welfare of transgenders and to make sure about their inclusion as an important part in our society by providing them an elevated societal acceptance.

**Keywords:** Psychological distress, body dissatisfaction, social rejection, transgenders

## INTRODUCTION

Gender is a social classification of variation by sex for appearances, characteristics, roles, behaviors, and identities which maps norms and cultural explanation about both biological sex and gender onto human bodies. Every individual has a unique sense of his/her gender and this sense is called 'gender identity' (Stone, 2004).

Most people's gender identity is consistent with their allotted sex, but many people experience their gender identity to be conflicting with their genetic sex (Lev, 2004). Transgender are one of those people who experience this conflict. Not only that, but society adds to their distorted feelings of gender identity and very little amount of rights, respect and dignity are given to them in Pakistan. Because of the contentious nature and typical approach of people, the transgender rights are not discussed in refined or well-established areas. About 2 percent

population of Pakistan is pretentious of transgenderism.

### **Cultural Viewpoint**

In Pakistan, they are not considered as a part of society and face rejection from family and society. Transgenders are perceived as homosexuals by community due to which family show aggressive attitude towards them. Furthermore, they are disregarded by society in every field of life including, education, employment, health care and even safety for their life. In Pakistan, as they are verbally, physically, emotionally and sexually abused by other, Supreme Court of Pakistan has given rights to transgenders in 2013, which are still not executed in the community

### **Transgender**

Transgender is an umbrella term specifically used to describe individuals who own a gender identity dissimilar from their gender consigned at birth or experience their gender beyond gender binary of male and female (Beemyn, 2003; Dozier, 2005). Usually, the impression of transgender is wider in its perspective; which includes characteristics such as transvestism, transsexuality, intersex, female drag and male drag, and cross-dressers. T Transgenders are also known persons who undertake surgery or hormonal treatment in order to reshape their bodies, those who adopt opposite gender in a manner that is less long-lasting. Transgender has also been recognized as various terms including; gender blending, gender mixing, and gender crossing. The present study found out how social rejection lead towards psychological distress among transgenders (Ekins & King, 1999).

### **Theoretical Framework of the Study**

The theoretical framework of the study contains two models that are:

## **1) Theory of Rejection**

The theory of rejection is based on the rejection sensitivity among transgenders due to the stigmatization. Formerly, it is related to the social exclusion or exclusion from family (Mendoza-Denton et al., 2002). It is also related to the child's sense of rejection in which parents reject to accept their child due to the social stigmatization and ambiguous gender identity (Pachankis, et al., 2008). All transgenders are not sensitive towards rejection those who are less sensitive toward social rejection are less anxious as compared to the rejection sensitive transgenders. As transgenders face rejection from the very beginning of their life due to which they are unable to develop healthy coping responses which further results in distorted mental health.

## **2) Minority Stress Theory**

This theory suggested that the external stressors left bad effects on minorities like transgenders, like social discrimination in transgender individuals (Meyer, 2003). This theory introduced two types of stressors (a) distal stressors and (b) proximal stressor. Distal stressors are those external stressors that have external effects for example discrimination (Clements-Noelle et al., 2006; Rankin et al., 2010) and violence (Kenagy & Bostwick, 2005). Whereas the proximal stressors include the stress that transgenders internalize due to the negative reactions of society towards them.

## **Social Rejection and Mental Health**

Aristotle surmised that human are social beings who have a natural need to belong in communities and feel wanted by those around them. This provides us a sense of identity and worthiness which increase person's self-esteem. All these factors lead towards better mental health (Perkins, Wiley, & Deaux, 2014). Certain works have shown that those who are subjected

to social rejection in their early years have a tendency to expect social rejection in their adult lives as well. Young adults are especially prone to developing life time problems associated with rejection, they are at a point in time where they being to experience various obstacles in their lives, while not having necessary tools or experience to handle quite a few situations properly. Therefore, they are at very high risk of mental and physical problems (Labouvie-Vief, et al., 2010). Social rejection has direct negative consequences for an individual's health. Those people who are loners and tend to be isolated generally have poor mental health and can commit suicides (Gyurak et al., 2012).

### **Psychological Distress and Mental Health**

The susceptibility of mental health problems including psychological distress among transgenders is higher than other individuals (Nuttbrock, Rosenblum, & Blumenstein, 2002). In context to particular psychological distress, it has been seen that transgender individuals reported higher levels of anxiety and depression as compared to the other population (Kessler et al., 2005). It was also identified by researchers that most transgender individuals hide their identity due to shame and guilt in their developmental phase. This shame and guilt that many transgenders face is commonly the root cause of developing their psychological distress (Schaefer & Wheeler, 1995). Much of the psychological distress that transgender individuals face is also caused due to the social pressures to conform to the gender binary (Rachlin, 2002; Lev, 2004).

### **Social Rejection and Psychological Distress**

The universal judgment against transgender individuals concluded that majority of transgenders worldwide, experience same level of discrimination and social exclusion from the society in their lifetime (Kenagy, 2005; Lombardi, 2009). It has been suggested that

interpersonal discrimination that are related to the behaviour in which transgenders are being hurt by other also appears to be a common experience for transgender individuals (Gazzola & Morrison, 2015).

Psychological stress is dominant in minority group members of the society as they are exposed to discrimination from other individuals and being rejected on these bases. A study was conducted to assess the recent experiences of discriminatory events on psychological health in homosexuals, bisexuals, and transgenders. This study emphasized on the relationship of perceived discrimination, psychological distress and psychological problems in transgenders. The results indicated that experiencing high levels of discrimination led to a high rate of anxiety, depression, psychological distress and substance abuse in transgender. Furthermore, transgender reported to have experienced high levels of discrimination and worse mental health conditions as compared to heterosexuals (Burgess et al., 2007).

A cross-sectional study conducted to find out the emotional distress and quality of life among transgenders. Results indicated that more than half of the sample had significant anxiety symptoms while all of them had significant depressive symptoms. The quality of life was low for the social domain (Poguri, Sarkar, and Nambi, 2016). Another qualitative study on transgenders was aimed to analyze the self-concept of transgenders and their perception of others attitudes. The in-depth interviews reflected the basic beliefs and philosophy about their underlying phenomenology. The reason for their dilemmas of identity is partly biological, partly psychological and partly social which caused them psychological distress (Fatima, et al., 2017).

Transgenders individuals face stigmatization in the society due to which their self-concept is influenced. A research was conducted on perceived stigmatization and self-concept in transgenders. Correlational analysis and linear regression analysis indicated perceived

stigmatization was negatively associated with self-concept but it was not significant predictor of the self-concept in transgender (Zahra, 2013). Another study was conducted to assess the relationship between perceived discrimination, social support, and psychological distress in transgenders. The results revealed that firstly, there was a significant positive relationship between perceived social support and psychological distress. Secondly, a significant negative relationship between social support and psychological distress and thirdly a significant negative relationship between perceived discrimination and social support. Similarly, the results indicated that the psychological distress was predicted by perceived discrimination. Furthermore, the findings highlighted that perceived discrimination was found more in young transgenders than the older ones (Falak, et al, 2020).

### **Rationale of the Study**

Transgenders are a marginalized community of our society. Unfortunately, our society does not accept them and their basic needs are not fulfilled as well as they are deprived of getting their basic rights as well as transgenders are not accepted by their families due to stigmatization. They suffer from physiological problem or genuine handicap beyond their control. Rejection from families leaves negative effects on health outcomes of transgenders. Familial and societal rejection in itself is a stressor that might have negative impacts on mental health, economic security, and resulting health behavior. This study will help in evaluating the problems faced by transgenders as well as it will help in understanding their feelings and views about themselves, about others and about the society.

### **Hypothesis**

1. Psychological distress will be significant positively correlated with social rejection.
2. Social rejection will be a predictor of psychological distress.

3. Transgenders will score higher on psychological distress scale.
4. Transgenders will score higher on Social Rejection Scale.
5. Social rejection will be lower among transgenders who live in joint family and with guru as compared to those who live in nuclear family and independently.
6. Psychological distress will be higher among transgenders who live in independent or nuclear family system than those transgenders who live in joint family system or with guru.

## **METHODOLOGY**

The current study was conducted to find out the psychological distress and social rejection among transgenders.

### **Study Design**

The present study was conducted by using correlational research design. The population sample of the study was 150 transgenders which were further divided into trans-men and trans-women. The sample was collected from Fountain House, Lahore and from different events of transgenders conducted by different Organizations in Lahore. The purposive sampling technique was used in order to collect data.

- **Inclusion Criteria**

All biological transgenders was included, whose sex was not determined as male or female at the time of birth and were included in intersex.

- **Exclusion Criteria**

All cis genders, trans-sexuals or persons whose sex was determined as male or female at the time of birth but they vary from their sex by cross dressing or for any other purpose.



## **2.3 Instruments**

### **Informed consent**

Informed consent was presented to the participants in which they were given awareness about the purpose and implications of research as well as the participant had the option of either declining participation or agreeing to continue.

### **Demographic Sheet**

The participants were requested to fill the demographic forms which were consisted of basic information i.e. age, education, number of siblings, birth order and family system.

### **Assessment Measures:**

Following instruments were used to collect data:

#### **The Kessler Psychological Distress Scale (K10)**

The Psychological Distress was measured by using the Urdu version of The Kessler Psychological Distress Scale (K10) (Kessler, et al., 2003). It consists of ten questions and each question has five options on likert scale (1= none of time to 5= all of time). Cut off score of the scale is 33. High score on scale means individual has high level of psychological distress and vice versa. The Chronbach's Alpha of psychological distress scale is  $\alpha = .91$  for the present research. Score under 20 are likely to be well, score 20-24 are likely to have a mild mental disorder, score 25-29 are likely to have a moderate mental disorder, and the score 30 and over are likely to have severe mental disorder. People who score above 24 indicate the high level of distress and they need treatment.

#### **Rejection Sensitivity Questionnaire, Adult Version (A-RSQ)**

The Rejection Sensitivity Questionnaire, adult version (Berenson, et al, 2009) to measure the Rejection sensitivity in adults. The scale consists of 9 items that include the social situations

when either rejection or acceptance is possible. The internal consistency (alpha) of the scale is .89, while the test-retest reliability (Spearman- Brown coefficient) is .91. The responses of each item will be taken on likert scale from 1- 6. 1 to 3 indicates very unconcerned or very unlikely, 4 will indicate neutral response and 5-6 will indicate very concerned or very likely.

### **Procedure**

Data collection for the study proved a daunting task. The researcher visited Fountain House, Lahore, Bhatti Chowk Lahore and attended different events of transgenders conducted by different Organizations in Lahore. Firstly, Informed consent was taken from the participants and the participant had the option of either declining participation or agreeing to continue. Secondly, the demographic sheet was presented. Thirdly, the Psychological distress scale and social rejection questionnaire were presented to the participants followed by ta debriefing statement. Participants took 10-15 minutes to complete the questionnaire.

### **2.6. Ethical Considerations**

Informed consent was taken and confidentiality was ensured. The participants were guided about the purpose of study. There was no sort of risk involved for the participants and their names will be kept confidential. They were also ensured that the result of the study will be shared with them if they desired.

### **Data Analysis**

Data were analyzed with the help of quantitative scoring method. Quantitative analysis was done. Data was computed through computer software SPSS, t-test and ANOVA analysis were run to get the results.

## RESULTS

This chapter includes the details pertaining to the statistical analysis and the interpretation and discussion of the results. The aim of the present study was to explore the psychological distress and social rejection among transgenders. Pearson Moment Correlation was applied to determine the relationship among psychological distress and social rejection. The results of the research are comprised of three sections: Descriptive Analysis & Hypothesis Testing.

### Section I: Descriptive Analysis

This section will describe the demographic characteristics of the sample. In demographic characteristics age, monthly income, qualification, number of siblings, birth order and family system were included in this study.

**Table 1**

*Showing Descriptive Statistics of Demographic Characteristic of the Sample (N=150)*

<i>Demographics</i>	<i>M(SD)</i>	<i>f</i>	<i>%</i>
Age	48.51(12.30)		
i. Adult (20-35)		15	10
ii. Middle adulthood (35-50)		86	57.3
iii. Old age (above 50)		49	32.7
Socioeconomic Status			
i. Low		113	(75.3)
ii. Middle		32	(21.3)
iii. High		05	(3.3)
Qualification			
i. Nil		76	50.7

ii. Primary	43	28.7
iii. Middle	18	12
iv. Matric	10	6.7
v. Intermediate	02	1.3
vi. Graduation	01	0.7
Birth order		
i. Joint	17	11.3
ii. Nuclear	24	16.0
iii. With Guru	68	45.3
iv. Independent	41	27.3
No. of siblings		
i. Only child	11	7.3
ii. 1-5	92	61.3
iii. 5-10	47	31.3

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Note: *f*=frequency, %=percentage, *M*=Mean, *SD*=Standard Deviation

## Section II: Hypothesis Testing

This section will include hypothesis that were tested during the present study.

**Hypothesis 1:** Social rejection will be positively correlates with psychological distress among transgenders.

**Table 2**

*Table Showing Correlation between Psychological Distress and Social Rejection (N=150).*

<i>Variables</i>	<i>1</i>	<i>2</i>
1. Psychological distress	-	.239**
2. Social rejection		-

*Note. \*\* $p < 0.01$*

Table 2 shows the results of Pearson Product Moment Correlation analysis revealed that psychological distress is significant positively correlated with social rejection ( $r = .239^{**}$ ,  $p < 0.01$ ). This hypothesis has been approved.

### **Hypothesis 2**

Social Rejection will be a significant predictor of Psychological Distress.

**Table 3**

*Table Showing Simple Linear Regression indicating Social Rejection as a Predictor of Psychological Distress (N=150)*

<i>Predictors</i>	<i>B</i>	<i>SE</i>	$\beta$	<i>t</i>	<i>Psychological Distress</i>	
					<i>95% CI</i>	
					<i>LL</i>	<i>UL</i>
<i>Social Rejection</i>	.163	7.55	.239	.003	.055	.270
$\Delta R^2$			.051			
<i>R</i>			.239			

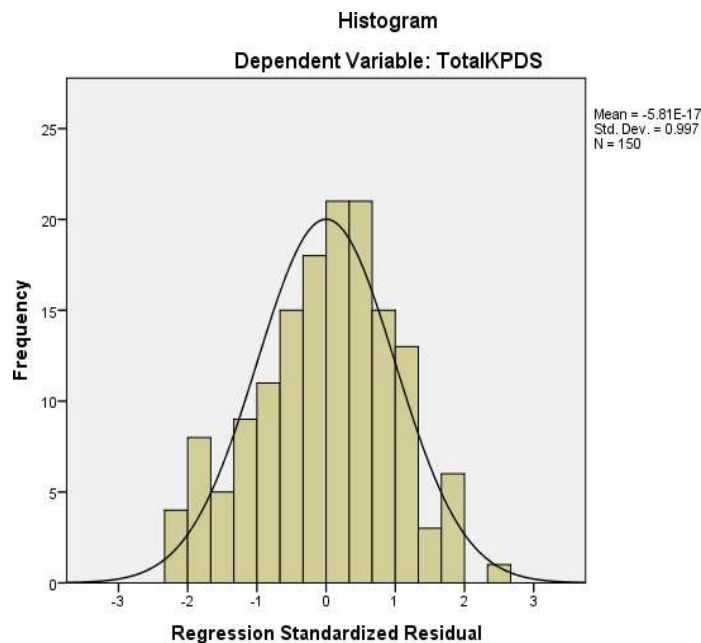
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$R^2$	.057
$F$	8.98

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Note. \* $p < .005$ , CI= Confidence Interval, UL= Upper Limit, LL= Lower Limit.

Table 3 indicated that Simple Liner Regression analysis was used with social rejection as a predictor of Psychological distress as an outcome variable based on  $\beta = .239$ ,  $t(149) = .003$ ,  $*p < .005$ . 23% of variance has been noticed. There is significant regression equation was found ( $F=8.98$ ), with an  $R^2$  of .057. The t value (.003,  $*p < .005$ ) showed that the strength of relationship between social rejection and psychological distress. The hypothesis is approved.



**Figure 1.1**

*Showing Social Rejection as a Predictor of Psychological Distress*

Figure 1.1 illustrates that 23% variance in psychological distress is caused by social rejection among transgenders.

**Hypothesis 3**

Transgenders will score high on psychological distress.

**Table 4**

*Table Showing Mean Difference between Clinically Significant Distressed Transgenders and Clinically Non-Significant Distressed Transgenders (N=150)*

<i>Variable</i>	<i>f</i>	<i>%</i>
KPDS		
Clinically significant	81	54
Clinically not significant	69	46

Note: KPDS=Kessler Psychological Distress Scale, *f*=Frequency, *%*=percentage

Table 4 shows the mean differences between clinically significant and non-significant distressed transgenders. The frequency of clinically significant distressed transgenders was ( $f=81$ ) and percentage was ( $\%=54$ ), while the frequency and percentage of clinically non-significant distressed transgenders was ( $f=69$ ,  $\%=46$ ) which means more transgenders had clinically significant distressed. This hypothesis has been approved.

**Hypothesis 4**

Social Rejection will be higher among clinically distressed transgenders

**Table 5**

*Table Showing the Effect of Social Rejection on Clinically Significant Distressed and Non Distressed Transgenders on KPDS (N=150)*

	<u>Distress level</u>				<u>95% CI</u>			<i>Cohens'd</i>	
	Clinically significant (n=81)		Clinically non-significant (n=69)		<i>T</i>	<i>p</i>	<i>LL</i>		<i>UL</i>
<i>Variable</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>T</i>	<i>p</i>	<i>LL</i>	<i>UL</i>	<i>Cohens'd</i>
<i>Social Rejection</i>	68.38	11.12	65.32	11.56	-1.65	.101	-6.73	.603	0.26

Note: *CI*=Confidence interval. *LL*=Lower Limit. *UL*=Upper Limit

Table 5 shows the results of Independent sample t-test shows the mean difference between clinically significant distressed and clinically non-significant distressed transgenders on Social Rejection. The clinically significant distressed (n= 81) was associated with social rejection M= 68.38 (SD = 11.12). By comparison, the clinically non-significant distressed (n= 69) was associated with a numerically lower value M= 65.32 (SD = 11.56). As results indicate that there is a significant mean difference between clinically significant distressed transgenders and clinically non-significant distressed transgenders on Social Rejection (t= -1.65). Results of t-test show that there was not significant difference between both groups on Social Rejection. This hypothesis has been disapproved.



**Hypothesis 5**

Social rejection will be lower among transgenders who live with their joint family or guru than those who live independent or nuclear family system.

**Table 6**

*Table Showing One Way ANOVA indicating the Effect of Family System on Social Rejection among Transgenders (N=150).*

<i>Variables</i>	<i>M</i>	<i>SD</i>	<i>F</i>	<i>df</i>	<i>p</i>	<u>95% CI</u>	
						<u>LL</u>	<u>UL</u>
Family system							
i. Joint	63.59	11.25				57.80	69.39
ii. Nuclear	68.33	11.72				63.38	73.28
iii. With guru	66.57	10.74				64.34	69.17
iv. Independent	68.24	12.35				64.34	72.14
Between groups			.809	4	.491		
Within groups				146	.397		

Note. *df*=degree of freedom, *CI*=confidence interval, *UL*=upper limit, *LL*=lower limit.

Table 6 shows the results of one-way ANOVA depict that social rejection is higher among transgenders who live alone or nuclear ( $M=68.33$ ,  $SD=11.72$ ) and independently

( $M=68.24, SD=12.35$ ) while social rejection is lower among those transgenders who lives within joint family system ( $M=63.59, SD=11.25$ ) and with guru ( $M=66.57, SD=10.74$ ). Overall it shows that joint family system or living with guru increases social support among transgenders ( $F=.809$ ). The hypothesis has been rejected.

### Hypothesis 6

Psychological distress will be higher among transgenders who live in independent or nuclear family than those who live families or guru.

**Table 7**

*Table Showing One Way ANOVA indicating the Effect of Family System on psychological Distress among Transgenders (N=150).*

Variables	M	SD	F	df	p	95% CI	
						LL	UL
<b>Family system</b>							
i. Joint	15.35	8.52				10.97	19.74
ii. Nuclear	19.08	8.92				15.32	22.85
iii. With guru	18.79	7.63				16.95	20.64
iv. Independent	18.15	6.86				15.98	20.31
Between groups			.996	4	.397		

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Note. *df*=degree of freedom, *CI*=confidence interval, *UL*=upper limit, *LL*=lower limit.

One Way ANOVA was used to find out the effect of family system on psychological distress. Results depict that psychological distress is higher among transgenders who live in nuclear family system ( $M=19.08, SD=8.92$ ) while distress is lower among those transgenders who lives within joint family system ( $M=15.35, SD=8.25$ ). It shows that joint family system, or social support reduces psychological distress ( $F=.996$ ). Hypothesis has been disapproved.

## DISCUSSION

There are number of studies that had been conducted on different population on psychological distress and social rejection which found that there was a relationship among these variables. The central purpose of this study was to explore the relationship among these variables in transgenders. This study was designed to find out that social rejection was a significant predictor of psychological distress in transgenders as they are never made a part of society in Pakistan.

Transgenders get little or no attention and sympathy from the societal groups in Pakistan. They are mostly rejected and ridiculed by society as well as from their family including biological parents. As other human beings like us, they also want someone who actively listen them with whom they share their pain, happiness and make intimate relationship. In order to fulfill the need of intimacy they make love relations with the male partners. Sometime they stay in relationship with them by giving money because they want to experience loneliness anymore. Unfortunately, our society as well as Asian countries do not permit such kind of relationship away from hetero-normative. So in order to get along with social norms they have to leave that

intimate relationship or sometime men pretend to love them in order to gain money which also increases distress among transgenders.

Transgender prefers to dress-up like females, since childhood they show their interest in feminine activities includes; playing with dolls, or posing like girls. Their feminine behavior is not reinforced by family and do not positively taken by society. Family forces them to dress up and behave like males due to which they face dissatisfaction with the body they and having and the perceived body they want to. As a result, they experience distress because their expectations from family and society are not fulfilled which includes, humiliation, negligence and emotional abuse. This dissatisfaction leads them toward higher level of distress (Henning-Stout, James, & Macintosh, 2000; D' Augelli et al., 2006).

Another major misery that has been faced by transgenders is that they are mostly uneducated. They are not greeted in schools and they are humiliated for an ambiguous gender, gender-roles and attitudes. They are not allowed to ask, participate and play freely. As a result, they feel hopelessness and helplessness because they are unable to adapt with the stressful school environment. They become reluctant to continue schooling and leave study (Meyer, 2003). The low educational level does not allow them to earn respectfully in the society due to which they adopt less-worthy means of earning.

The results of the study suggested that there was a significant positive relationship between social rejection and psychological distress. It means that transgenders are rejected and discriminated by society which results in distress among them. They are placed at the lowest level of societal hierarchy and they don't have any access to the resources which results in anger, grief, depression, hopelessness, and psychological distress (Sadiq & Bashir, 2014). The

experience of social rejection leads to low self-esteem, depression and aggression. Transgenders are rejected by their biological parents as well as other family members due to which their need for love and belongingness cannot be fulfilled which results in psychological distress (Falak, et al., 2020).

It was concluded social rejection was a significant predictor of psychological distress. The individuals who experience social rejection also experience high levels of distress (Williams, Holmbeck, & Greenley, 2002). There was a strong relationship between social exclusion and health hazard behaviors among transgender (Bockting, et al., 2013).

Furthermore, it was concluded that social rejection will be high among clinically distressed transgenders. Results of Independent sample t-test did not support the hypothesis as there was no significant difference between them. Social rejection is a phenomenon that they face from very beginning of their lives so it is present in both groups The findings are consistent with previous literature. Transgenders face discrimination in almost every field of life including health, education, employment and housing which increases the likelihood of behavioral and mental problems including distress, depression and anger (Bradford, et al., 2013).

Results also revealed that social rejection and psychological distress will be lower among transgenders who live with their family than those who live with Gurus. Although the result was not significant but the findings are consistent with previous researches. Transgenders who are rejected by family live in groups and have gurus with whom they live together and share responsibilities. Their relationship is based on mutual love, respect and trust. They share their happiness and sorrow with each-other but they still miss their family and feel that people do not accept them as they are which makes them sad and depressed (Abdullah et al., 2012). Moreover,

transgenders' need of acceptance in their social surrounding. They have various wishes and desires that include acceptance. They want society especially their family to accept them as they are. Likewise, transgenders who live with their families they do not experience social rejection (Koken, et al., 2009).

## **Conclusion**

God has created all human beings as equals and yet we, human beings rejected them. Every individual has a unique self and they have their own self-concept. Society determines how we act, behave and interact with the environment. Males and females have different duties to perform. Our society is very strict for the division of gender into only two categories; male and female, that makes acceptance of third gender very difficult. Findings of the research highlights that social rejections among transgenders lead them towards psychological distress. It was also concluded that social rejection is a significant predictor of social rejection among transgenders. It was recognized that transgenders tend to score higher on psychological distress scale as well as the clinically significant transgender experience more social rejection than those who are non-clinically significantly distressed transgenders. Moreover, findings of analysis of variance concluded that transgenders who live with family experience less distress than transgenders who live in joint family than those who live with guru or independent which highlights the importance of family and the problems caused by family as well as social rejection.

### **4.1. Limitations**

- The sample was consisted on 150 participants and all these participants belonged to one province of Pakistan.

- The results of the study cannot be generalized to other cultures and provinces of the country.
- Another limitation of the study was that the researcher had to rely on participant's responses.
- Limited time did not allow researcher to collect more data and enhance the generalization of the results.

#### **4.2. Recommendations**

- Transgenders should be considered as a separate identity.
- Government should restore their rights and give them recognition as a respectful human being.
- They should be given jobs to have respectable source of income.
- Media should play a positive role in providing protection and good status to them.
- It is very important to create awareness among the whole nation about third gender's mental health issues. Awareness should be given to society through rallies, seminar, -symposiums, workshop, and round table discussion.
- The unemployment rate among eunuchs is very high. Government should introduce quota system in technical institutions for their skill development or job quota in any field of teaching, and office job.
- Further research on transgenders can be conducted by using variable in order to make people aware and understand their problems.
- A correlational study can be conducted by comparing transgenders' problems with normal population.

### 4.3. Implications

- This study can be used to view the hardships including psychological distress, social rejection and body dissatisfaction of transgenders.
- Through this research, people are likely to change their attitude towards them. Social status towards transgenders should be improved and they should be given respect and dignity like other.
- This research can be helpful for NGOs who are running welfare programs regarding transgenders and will be able to find out the issues of transgenders so that they can be resolved.
- There is no subject matter about third genders in secondary or in higher secondary curriculum. So that people know less about this group. The concept of third genders must be included in educational curriculum. This issue could be included in social science and in biology as well.
- It might be helpful to understand the problems that cause by the social rejection so that transgenders should be acceptable by society.

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